

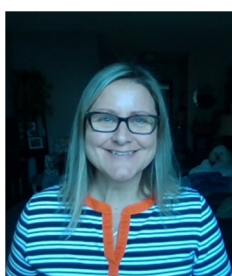


**Kitchissippi**  
UNITED CHURCH

Sunday, March 6, 2022  
Live Stream Service at 10 am

**SUNDAY MORNING WORSHIP at 10 AM LIVE STREAM GO TO**  
**[WWW.KITCHISSIPPIUC.COM](http://WWW.KITCHISSIPPIUC.COM)**

### MESSAGE FROM REV. JENNI



Hello all,

As we move from Black History month into Lent, I wanted to pass along a couple more resources to stimulate your thinking and learning:

A blog from the United Church of Canada: <https://united-church.ca/blogs/round-table/my-fault-having-been-created-black>

From here in Ottawa: L'Eglise Saint Marc: [https://youtu.be/fvcmZZh-\\_7U](https://youtu.be/fvcmZZh-_7U)

With Lent, comes a new letter from the Spiritual Literacy book: Forgiveness. "In both our private and public lives, discover the sweet release that comes from forgiving others. Feel the healing balm of being forgiven and of forgiving yourself."

Forgiveness might be difficult in some situations, but not in others. Sometimes it is a sweet release. Watch as this young woman describes forgiving someone who destroyed her family. The real risk of forgiveness: <https://youtu.be/mEK2pliZ2lo>

What forgiveness do you need to give? What forgiveness do you seek?

Let us know that we are not alone during this Lenten time - we have one another and we have God to guide us.

Please remember, if you are worshipping at home this Sunday that it is communion, so have some communion elements at the ready.

Next Sunday, March 13th is PIE Sunday and will be led by the Affirm Circle. PIE stands for Public, Intentional and Explicit, that is how are we PIE about welcoming all people to Kitchissippi - members of the 2SLGBTQ+ community especially. Also, there will be actual pie in the form of tarts and hand pies to share as we leave the sanctuary and gather at the front steps of the church.

Finally, at the Ash Wednesday Service, someone mentioned how beautiful Dona Nobis was - sung by our choir (and including Liz on flute) and recorded last year. Please enjoy again here: [http://www.kitchissippiuc.com/wp-content/uploads/2021/01/Dona-Nobis-Pacem-choir.mp4?\\_=11](http://www.kitchissippiuc.com/wp-content/uploads/2021/01/Dona-Nobis-Pacem-choir.mp4?_=11)

Peace and love be with you,  
Jenni

A reminder that the Creative Worship Working Group will meet on **Monday March 7th** to discuss themes and hymns for Lent and Easter. Everyone is welcome to attend at 9:30am: <https://us02web.zoom.us/j/81526059129>

## UPCOMING WORSHIP SERVICES

### **Reopening the church for in-person gatherings!**

We are reopening for in-person worship this Sunday, March 6th. It will be Communion Sunday as well as the first Sunday in the season of Lent. We will use the "tiny cups" for communion, the ones we have become familiar with during the Pandemic.

We will continue to mask, and social distance. We will have a couple of sanctuary windows open during services and will use the ventilation system in the Hall.

We will not be having refreshments inside yet or congregational singing. The choir members will still sing behind the barriers but they may decide whether or not they will remove their masks for singing.

### **WE ALSO CONTINUE ON LINE - LIVESTREAM SUNDAYS**

#### **HERE IS THE LINK TO VIEW THE KUC YOUTUBE CHANNEL ON SUNDAYS**

<https://www.youtube.com/channel/UCwATU1rozB1PIIaRmr2teVA>

## FAITH FORMATION

For everyone: If you are on social media, please take a moment to "like" and follow the new Kitchissippi **Facebook page** at [www.facebook.com/KitchissippiUnited](http://www.facebook.com/KitchissippiUnited).

I'm going to be posting links, little messages, videos, and resources most days in Lent. Many of these are based on some beautiful devotional cards and there are options and opportunities for adults and children, individuals and families. We also have printed copies of the actual cards available for those who want one. If you are not on social media, you can still view this as you would any website (it may prompt you to sign up or sign in - just hit X for no and ignore it).

### **Anyone and everyone are invited to follow along with our devotional sets (week one snapshots below).**

This week, young families are encouraged to think about Heart Habits we would like to do through Lent, and also to create a calm corner for prayer and thoughtfulness.

Our all-ages devotional invites us to have tea and tea light chats and gatherings in our family, and there are some practices and challenges in store! The floriography set invites our creative selves to appreciate beauty. Sneak peek: Monday's practices include a bowl of blessing by your door, and/or making a simple hand-crafted bouquet (for yourself!).

If you were a "friend" of the old Facebook page, you'll have received an invitation to move to the new one (the old one is being discontinued for the updated version, which allows us to share and moderate posts more effectively) To make it accessible I'll try to integrate our Faith Formation newsletter and/or FB posts to the website -- but that may take some time.

For families: We hope you've had a chance to check out your their family Lenten kits to find devotional materials for entering into Lent. If you haven't received yours yet, they will be available for pick up at the church on Sunday or send a note and we'll try to deliver (we are tracking down a few people's addresses).

## Sunday, March 13th, 11am: PIE Sunday

Join us to celebrate PIE day with rainbow art, quizzes from the Affirm Circle, and of course, pie!

## OUTREACH

### REFUGEE / OUTREACH INQUIRY

KUC is awaiting news on when our Burundian family will travel to Ottawa. Not having this information makes securing rental accommodation before arrival almost impossible. For our Syrian family in 2016 we were so fortunate to have a "soft landing" place, accommodation loaned to the family for a week or two before a rental. If anyone knows of or has available space for a family of 4 for a short period, please notify Norah Patriquin or the church office.

## ANNUAL CONGREGATIONAL MEETING 2022

Kitchissippi United Church will be holding its Annual Congregation meeting on **Sunday, March 27, 2022** via Zoom. The time and a Zoom link will be sent out prior to the meeting.

## UPCOMING MEETINGS AND EVENTS

### UPCOMING

**Lenten Reflection series at RPUC:** Wednesdays at 7:00 pm, join us on Zoom for a time of reflection and prayer on themes from the Lord's Prayer:

Rideau Park United Church is inviting you to a scheduled Zoom meeting.

Topic: Lenten Reflections

Join Zoom Meeting <https://us02web.zoom.us/j/5583434610>

**Creative Worship Working Group** meeting on Monday **March 7th** to discuss themes and hymns for Lent and Easter. Everyone is welcome to attend at 9:30am: <https://us02web.zoom.us/j/81526059129>

### ONGOING

**Broadview Reading Club - Tuesdays from 1 - 3pm** The Broadview articles for March 8 are p16-18, and p20-25 in the March issue. Zoom: <https://us02web.zoom.us/j/89093844185>

**Coffee Time Zoom - Thursdays from (new time) 1pm until 2:30pm.** Bring your own beverage and join for conversation and inspiration. Bring a poem to share if you'd like!

Zoom: <https://us02web.zoom.us/j/8925057455>

**Mens Group (online)** - Gentlemen of KUC and the wider community meet **Thursday mornings from 9:30am to 11:00.** Discussions are wide ranging, as we attempt to solve all the world's problems, every week. If you want to join the Men's Group discussion please contact Doug Patriquin [patriquinfam@sympatico.ca](mailto:patriquinfam@sympatico.ca) or Clayton Porteous at [porteousclayton@outlook.com](mailto:porteousclayton@outlook.com) for the Zoom link.

**Rideau Park United Church Meditation Group Online: Thursdays at 10am**

Twenty minutes of quiet, peace, and mindfulness, shared Meditation is not difficult. And group meditation is a deepening experience. To join in the live group, please email Rev. Steve Clifton for the Zoom link [sclifton@rideaupark.ca](mailto:sclifton@rideaupark.ca)

## WE ARE HERE FOR YOU - PLEASE REACH OUT

### **Kitchissippi United Church**

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**THE CHURCH OFFICE IS STILL  
NOT OPEN TO THE PUBLIC.**

**All office emails and phone  
messages will be  
checked through the  
holiday.**

[www.kitchissippiuc.com](http://www.kitchissippiuc.com)

**facebook**

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### **Jerzy Sychalski**

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